

# Ruben M.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- A.O.S. Advanced Health and Fitness from Bryan College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Trail Running
- Baseball
- Tough Mudder Finisher
- Camping
- Fishing



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 592